

The Mashpee Senior Connection

MASHPEE SENIOR CENTER/COUNCIL ON AGING
26 FRANK E. HICKS DRIVE MASHPEE, MA 02649
Phone: (508) 539-1440 • Fax: (508) 539-2791
www.mashpeema.gov



Mashpee Senior Center Holiday Schedule

The Mashpee Senior Center will be closed on
Monday, April 20 for Patriot's Day.



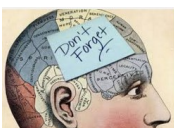
Carol Sherman, Selectman, (r) presenting award to Jean Nousse (l), President of FOMCOA. Photo courtesy of Mashpee Enterprise.

CONGRATULATIONS TO THE FRIENDS OF THE MASHPEE COUNCIL ON AGING!

The Annual Thanks for Giving Award Ceremony is sponsored by the Mashpee Human Services Committee and recognizes those individuals and groups who go above and beyond their role in the community to meet the needs of Mashpee residents. For work done in 2015, the individual award went to

Mark Lawrence and the group award to the **Friends of the Mashpee Council on Aging**. An awards ceremony was held in March to honor the award recipients. We are very thankful for all the Friends do to support the Mashpee Senior Center!

QUAHOG JAZZ QUARTET — Tuesday, April 5, 2:00 pm. April is National Stress Relief month. De-stress by enjoying cheese and crackers while listening to the Quahog Jazz Quartet, a local group of fun musicians playing keyboard, sax, drums, and guitar. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440. Drop in's are also welcome. What a great way to enjoy the coming of spring!



LEARNING TO REVITALIZE MEMORY SKILLS — Wednesdays, April 6, 13, 20, 27, 10:30 am.

Joan Houlihan (who brought us "How to Remember not to Forget") gives this excellent 4-week course on memory re-learning in her usual fun style. Get some interesting education facts along the way while improving your memory techniques. This is a structured class which requires a 4-week commitment. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

A SAFER PLACE — Tuesday, April 26, 10:30 am.

Join us for a presentation by Elder Services of Cape Cod and the Islands on identifying the signs and symptoms of elder abuse, neglect, self-neglect and financial exploitation. Learn how to help friends, families, and neighbors in our community by reporting concerns to the Adult Protective Services Department at Elder Services of Cape Cod & Islands. If you've had concerns about someone in the community, this presentation can educate you on what to do next. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440. Drop in's are also welcome.



EMERGENCY PREPAREDNESS — Tuesday, April 12, 10:30 am. The 2016 hurricane season officially starts on June 1. Now is a good time to review your emergency plans. A representative from the Barnstable County Health Department will be here to help us prepare for these emergencies. Get up to date Cape Cod information. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.



DENTAL HEALTH AND PERIODONTAL DISEASE — Tuesday, April 12, 2:30 pm.

The Mashpee Community Health Dental Clinic will have representatives here to speak on the importance of dental health and overall health, focusing this month on periodontal disease — causes, preventions, and its affects on dental health. Treatment for this disease will also be discussed. This is the second of four dental health programs to be presented here at the Mashpee Senior Center. Caregivers may also find this information very helpful. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.

The Area Agency on Aging Advisory Council of Elder Services of Cape Cod and the Islands, Inc. will hold a Public Hearing on **Thursday, April 14, 2016 from 10:30 am to noon at the Dennis Police Department Community Room, 90 Bob Crowell Road, South Dennis, MA 02660** to receive public comment on the needs of elderly residents and their caregivers in Barnstable, Dukes, and Nantucket Counties. The information received will help to plan for the distribution of federal Older Americans Act funds for the Federal Fiscal Year 2017. If you are unable to attend and would like to comment, please write Cheryl Gayle, Director of Community Services, Elder Services of Cape Cod and the Islands, Inc., 68 Route 134, South Dennis, MA 02660, email: cheryl.gayle@escci.org, or call at 1-800-244-4630, Ext. 103. **All are invited to give their input.**

**NOTICE
OF
PUBLIC
HEARING**



KINDNESS ROCKS WORKSHOP — Monday, April 11, 10:00 am.

Come have some fun decorating rocks for the Kindness Rocks Project. The project is meant to promote random acts of kindness and inspiration with positive slogans and words of wisdom painted on rocks and placed in surprising spots such as the woods and walking paths. The driving force is kindness — if one person finds a rock with a message that speaks to them during a difficult time, our efforts have made a difference. Join us to decorate rocks with messages of hope and inspiration which we then distribute to people in the community and to those who are homebound. And if your slo-

gan speaks to your needs, you may keep the rock for your own inspiration. All needed supplies will be provided. Brought to you by the Community Leadership Institute and The Kindness Rocks Project. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's are also welcome.



MATURE WOMEN IN THE WORKFORCE — Thursday, April 14, 1:00 pm. Many mature workers find themselves struggling financially and unprepared for retirement. The long-term unemployed, along with mature workers who are recalibrating due to the economic downturn, job loss, children leaving the nest, divorce or other life changing events, often need assistance to return to the workforce or make a career change. This informational workshop will explore opportunities for advancing skill sets, tips for becoming more marketable, and strategies for influencing and changing workforce perceptions of mature women workers. Presented by Mary Conklin, Program Coordinator of The Center for Corporate and Professional Education, Cape Cod Community College. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440. Drop in's are also welcome.



SOCIAL DINING AROUND — Tuesday April 12, 11:30 am. Join us at Wicked Pizza in Southcape Village in Mashpee. Order off the menu; separate checks will be provided. **Rsvp's are required no later than Monday, April 11. Space is limited.** Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up.

PROTECTING YOURSELF AND YOUR PROPERTY PRESENTATION — Tuesday, April 14, 2:30 pm. The Mashpee Police Department will offer helpful hints and practices to follow to protect yourself, loved ones, and property in today's society, and will tell you about tools to use to help prevent crime. Open to the public. Rsvp's appreciated. Please stop by the front desk or call (508) 539-1440. Drop in's are also welcome.



ARMCHAIR TRAVELER VISIT TO SLOVENIA AND CROATIA — Tuesday, April 26, 1:00 pm. Join us for a photographic journey with Jill Jillson. This month the armchair traveler will feature the beautiful countries of Slovenia and Croatia. Come view these slides and hear some interesting facts and learn about the culture of these two beautiful countries. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's welcome.

PLANNING FOR MEDICARE — Friday, April 29, 10:30 am. A representative from Blue Cross/Blue Shield will discuss Medicare and some of the different supplemental plan options available to help with expenses not covered by Medicare. Please Rsvp to the Mashpee Senior Center, (508) 539-1440, or stop by the front desk to sign up. Drop in's welcome.



FUEL ASSISTANCE — The Low Income Home Energy Assistance Program (LIHEAP), more commonly known as the **Fuel Assistance Program**, provides low income households with help in paying heating bills. The South Shore Community Action Council (SSCAC) provides fuel assistance to residents of 38 communities of the South Shore and Cape and Islands towns.

The program is winding down for the 2016 Winter Season and will end on April 30. If you are still interested in participating and have not applied, please contact the Mashpee Senior Center at (508) 539-1440 to make an appointment to fill out an application. If you have any questions, please contact Darlene Perkins at the Senior Center (508) 539-1440.

MASHPEE MEN'S CLUB APRIL EVENTS — We invite retired or semi retired men over the age of 50 to join our club formed in 1997. We meet on the first Tuesday of each month starting with coffee at 10:00 am followed by a brief business meeting and a speaker at 10:30 am. We look forward on April 5 to welcoming Mary Kay Fox, President of The Friends of the Mashpee Wildlife Refuge. Throughout the year (but not necessarily on a Tuesday) we have a variety of interesting trips on and off Cape. On April 29th we will have a tour of the Woods Hole Research Center followed by lunch. If you have questions about our club, please contact Dean Turner at deane_turner@msn.com or Frank Lord at fjlord@msn.com.



BOOK CLUB — Book Club meets on the third Friday of the month at 2:00 pm at the Senior Center. The selection for April 15 is the World War II adventure "Last Train to Istanbul" by Turkish author Ayse Kulin. Selva and Raphael flee to Paris to escape the consequences of their interfaith marriage, only to find themselves trapped in the path of the invading Nazis. Turkish diplomats aid the exiles with a daring plot to get them across enemy lines to safety. Come join us!

CONGRATULATIONS! TOPS gives award to our Activity Coordinator, Christine Foisy! The Mashpee Senior Center is very pleased to acknowledge one of our own TOPS members who has been named as one of this year's TOPS State Division winners for weight loss in year 2015! The award will be presented at its April 2 conference at the Falmouth Seacrest Resort. Congratulations to Christine Foisy for her achievement! Christine has been instrumental in forming and maintaining the TOPS group at the Senior Center.



MONDAY MORNING MOVIE MUSINGS: Do you ever wonder about the elements of a movie or how a movie star evolves into an academy award winner? Similar to a book discussion group, periodically throughout the year we will be having a movie discussion group centered around a specific actor or movie genre. After watching selected movies at home, we'll have the chance to get together at the Senior Center and share thoughts. **Save the dates for our first series starting in June —** Mondays, June 6, 13, 20, 27 at 10:00 am. More information will be available in the May newsletter.

INFORMATION FROM THE SOCIAL SECURITY ADMINISTRATION — ANSWERS TO SOME OF YOUR SOCIAL SECURITY QUESTIONS:



Question: I was told I shouldn't be carrying my Social Security card around. Is that true?
Answer: We encourage you to keep your Social Security card at home in a safe place. Don't carry it with you. Even if you're going to a new job or to meet someone who needs it, all they really need is your number—not your card. Identity theft is one of the fastest growing crimes in America, and the best way to avoid becoming a victim is to safeguard your card and number. To learn more, visit the Social Se-

curity number and card page at www.socialsecurity.gov/ssnumber.

Question: My husband and I are both entitled to our own Social Security benefits. Will our combined benefits be reduced because we are married? **Answer:** No. When each member of a married couple works in employment covered under Social Security and both meet all other eligibility requirements to receive retirement benefits, lifetime earnings are calculated independently to determine the benefit amounts. Therefore, each spouse receives a monthly benefit amount based on his or her own earnings. If one member of the couple earned substantially less than the other or did not earn enough Social Security credits (40) to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. To learn more, visit www.socialsecurity.gov/retirement.

Question: What is full retirement age? **Answer:** Full retirement age is the age at which a person may first become entitled to full or unreduced retirement benefits. Your full retirement age depends on your date of birth. For people born before 1938, it's 65. For those born after 1959, it's 67. If your birthday falls between 1938 and 1959, your full retirement age is between 65 and 67. (The age for Medicare eligibility is 65, regardless of when you were born.) For more information, go to <http://www.socialsecurity.gov/planners/retire/retirechart.html>.

Question: How long does it take to get a decision after I apply for disability benefits? **Answer:** The time it takes to get a decision on your disability application can vary depending on: The nature of your disability; How quickly we can get your medical evidence from your doctor or other medical source; Whether it is necessary to send you for a medical examination; and Whether we review your application for quality purposes.

Question: Why is there a five-month waiting period for Social Security disability benefits? **Answer:** The law states that Social Security disability benefits begin with the sixth full month after the date your disability began. You're not entitled to benefits for any month prior to that. Learn more at this website: www.socialsecurity.gov/disability.



INFORMATION FROM THE MASSACHUSETTS DEPARTMENT OF TELECOMMUNICATIONS AND CABLE ABOUT CHANGES TO TELEPHONE LANDLINE AND CABLE SERVICES

Technological changes are taking place in various telecommunications sectors. As an example, Verizon is currently undergoing replacing the delivery of its traditional landline telephone service provided over copper facilities to a fiber based network in many areas. The Massachusetts Department of Telecommunications and Cable (DTC) wants to assure consumers that if they subscribe to a Verizon basic calling plan over the traditional copper network, there will be no change in their billing when landline telephone service is migrated to Verizon's fiber based network. Our telephone consumer protection rules, some of which are described below, will apply to landline telephone service whether it is provided over a copper or fiber network. For more information, please visit our website: <http://www.mass.gov/ocabr/government/oca-agencies/dtc-lp/competition-division/telecommunications-division/consumer-info/>

Did you know about these Consumer Protections?

- ◆ Verizon cannot terminate basic landline telephone service to households where all residents are 65 years of age or older.
- ◆ Verizon is required to provide free unlimited, local directory assistance calls (numbers within Massachusetts) to landline telephone customers who are 65 years of age or older and/or certified persons with disabilities.
- ◆ Landline or Wireless discounted telephone service is available for eligible low income consumers through the government's Lifeline Program.
- ◆ Digital Voice, Voice over Internet Protocol ("VoIP"), wireless telephone service and internet services (DSL/High Speed Internet) are not regulated by DTC; however, consumers can contact the DTC for assistance via our Consumer Complaints Program if their service provider fails to address the issue.
- ◆ Complaints can be filed by contacting our Consumer Hotline at 1-800-392-6066, or online, by visiting: <http://www.mass.gov/ocabr/government/oca-agencies/dtc-lp/consumer-dtc/file-a-complaint.html>.

The poetry of our lives

The social worker who came to my house yesterday
To keep me from becoming case number two zillion
In the annals of old ladies who fell off the cliff talked with me about my writing.
I showed her 3 poems I had written.
She said, "I could never have done these "
No. My head is telling me.
She could not.
But neither could I have used the skills she used to calm me,
Involve me in different thoughts, straighten out a mess
In my house, which indirectly straightened out my head.
We are each as unique as a snow flake,
Sometimes as useless.
Drifting aimlessly, melting at the first ray of sun,
Or piling up until we become a problem.
We are so different in shape and aim and posture.

We land in different places, insert our lives in various ways,
Until like a melted snowflake we are a part of the landscape.
Then in the sequence of the days,
The silence of the nights, our lives exert their own abilities,
Each of us moving to a different rhythm, learning our own rhymes.
Every life a story,
And we, the story tellers, expressing ourselves through our actions.
For some of us life is a sonnet, others write limericks.
To one life is free verse, changing with the days,
To others just an ode to what was done.
Each of us writes with a free hand, reaching out to use the talent that we have
And try to share the melody.

The poet is Hilde Oleson, a 92-year old Provincetown resident who began writing in her '80's. She leads several writing groups in town, including a weekly one at the Provincetown COA, and has been published.

Gratitude
consists of being
more aware of what
you have, than
what you don't.

GRATITUDE — I would maintain that thanks are the highest form of thought; and that gratitude is happiness doubled by wonder... G.K. Chesterton

- ♥ Grateful for my daughter's care.

- ♥ My health.
- ♥ My beautiful loving wife.
- ♥ The Mashpee Senior Center and all that enter the doors. I have made many friends and will miss you all. Thank you for everything you do!

NEW

Chess, Checkers, and Coloring — all now available in the Senior Center library! All have therapeutic potential to reduce anxiety, create focus or bring about more mindfulness, plus they're all just plain fun. Drop in, relax, and unwind at the Mashpee Senior Center.

| | | | |
|------------|---------------------|--|----------|
| Tuesday | April 5 | QUAHOG JAZZ QUARTET | 2:00 pm |
| Wednesdays | April 6, 13, 20, 27 | LEARNING TO REVITALIZE MEMORY SKILLS | 10:30 am |
| Monday | April 11 | KINDNESS ROCKS WORKSHOP | 10:00 am |
| Tuesday | April 12 | EMERGENCY PREPAREDNESS | 10:30 am |
| Tuesday | April 12 | DENTAL HEALTH AND PERIODONTAL DISEASE | 2:30 pm |
| Tuesday | April 12 | SOCIAL DINING AROUND — Wicked, South Cape Village | 11:30 am |
| Thursday | April 14 | MATURE WOMEN IN THE WORKFORCE | 1:00 pm |
| Tuesday | April 14 | PROTECTING YOURSELF AND YOUR PROPERTY PRESENTATION | 2:30 pm |
| Tuesday | April 26 | A SAFER PLACE | 10:30 am |
| Tuesday | April 26 | ARMCHAIR TRAVELER VISIT TO SLOVENIA AND CROATIA | 1:00 pm |
| Friday | April 29 | PLANNING FOR MEDICARE | 10:30 am |

Mashpee Council on Aging Regular Events

| MONDAYS | | TUESDAYS | | WEDNESDAYS | |
|-------------|---|-------------|---|--|--|
| 8:30-9:30 | Strength Training | 8:30-9:30 | Exercise | 8:30-9:30 | Strength Training |
| 9:00-11:00 | Hearing Tests (1 st) * | 9:00-12:00 | Woodcarving | 9:00-10:00 | Blood Pressure Clinic (3 rd) |
| 9:45-11:00 | Gentle Yoga | 9:00-11:00 | Atty Mello (2 nd) * | 9:00-3:00 | Foot Care Clinic (3 rd) * |
| 10:00-11:30 | Knit/Crochet/Quilt | 10:00-11:30 | Men's Club (1 st) | 10:00-Noon & | Painting |
| 10:30-12:00 | TOPS | 11:00-12:00 | Zumba Gold | 1:00-3:00 | |
| 10:00-11:30 | Atty Kosman (4 th) * | 11:00-1:00 | Ask-a-Pharmacist (1 st) | 11:00-12:00 | Zumba Gold |
| 11:00-12:00 | Chair Yoga | 11:00-2:00 | Sea Mist Swimming ** | 1:00-2:00 | Line Dancing |
| 12:30-4:00 | Mah Jongg | 12:00-4:00 | SHINE * | 1:00-3:00 | Meditation (1 st) |
| 1:00-3:00 | Pinochle | 1:00-2:00 | Drum Circle | 1:00-3:00 | Canasta |
| 1:00-4:00 | Hand and Foot Canasta | 1:00-3:00 | Atty Lavender (1 st) * | 2:30-4:30 | SHINE (2 nd & 4 th) * |
| 1:00-4:00 | Rummikub | 2:30-3:30 | Aerobics for the Brain (2 nd & 4 th) | 2:00-3:30 | CARES Support Group (2 nd & 4 th) |
| | | | | 2:30-4:30 | Tai Chi for Healthy Aging *** |
| THURSDAYS | | FRIDAYS | | SATURDAYS | |
| 8:30-9:30 | Exercise | 8:30-9:30 | Strength Training | 8:30-9:30 | Exercise |
| 9:30-11:30 | Singing Seniors | 9:30 | Bowling (Ryan Amuse.) | | |
| 9:30-11:00 | Sketching Group | 9:00-10:00 | Ask-A-Nurse (4 th) | NOTES: 1. Transportation is available for activities, either through our van or Cape Cod Regional Transit Authority at 1-800-352-7155 2. Activities are held weekly unless indicated otherwise by a specific week in parentheses (). * Appointments required ; please call the Senior Center (508) 539-1440 or stop by the front desk to schedule ** Open to Mashpee residents only. Please stop by the Front Desk at the Senior Center to complete a liability form prior to going to Sea Mist for swimming. *** Waiting list sign up required. Please stop by the Front Desk or contact the Mashpee Senior Center at (508) 539-1440 to add your name to the wait list. | |
| 10:00-11:30 | Cribbage | 9:45-10:45 | Ageless Yoga | | |
| 10:00-11:30 | Parkinson Support Network (2 nd) | 10:00-12:00 | Sight Loss Services Support Group (4 th) | | |
| 10:30-11:30 | Coffee Talks (1 st and 4 th) | 10:00-12:00 | Independence House Relationship Education and Advocacy (2 nd) | | |
| 11:00-2:00 | Sea Mist Swimming ** | 11:00-12:00 | Zumba Gold | | |
| 12:00-2:00 | Gadgets & PC Clinic | 12:30-4:00 | Mah Jongg | | |
| 12:15-1:15 | Ballroom Dancing | 1:15- 3:30 | Veterans Services (1 st & 3 rd) * | | |
| 1:00-4:00 | Social Bridge | 2:00-3:00 | Book Club (3 rd) | | |
| 7:00-9:30 | Tai Chi (Beginners please come 1 st Thurs) | | | | |
| | | | | | |

Save the Dates! More info in the May Newsletter!

| | | | |
|-------------------|---|-----------------|--|
| Tuesday, May 10 | Ageism/Elder Stereotyping | Tuesday, May 17 | Things you need to know when hiring private in-home care |
| Tuesday, May 10 | Shopping Rights | Friday, May 20 | AARP Safe Drivers Program |
| Wednesday, May 11 | Optimal Kitchen: Eating for your Memory | Tuesday, May 24 | This Land is Your Land Memorial Day Kickoff |
| Thursday, May 12 | Basics, Tips, Tricks for Windows 10 | Tuesday, May 24 | Tick Bite Disease Prevention |

EMERGENCY PREPAREDNESS - The Mashpee Council on Aging maintains a list of seniors who are homebound, and/or frail to help the town provide assistance to them during a civil defense emergency such as hurricane or blizzard. If you would like to be on the list, please call the Senior Center at (508) 539-1440 and request a simple registration form for you to complete and return. Should you need assistance completing the form, please call Outreach Coordinator, Darlene Perkins.



MASSACHUSETTS ALERTS — Join the thousands of residents of Massachusetts who receive emergency alerts and critical information about disasters and public safety incidents on their Smartphones. Massachusetts Alerts provides emergency notifications and public safety information based on your location, proximity to an event or incident, and the preferences you select. Find out more information and how to download the app to your Smartphone at <http://www.mass.gov/eopss/agencies/mema/massachusetts-alerts.html>.

DISABILITY INDICATOR FORM - **Are you a disabled elder?** Disabilities would include life support system, mobility impaired, blind, deaf and hard of hearing, teletypewriter, speech impaired, cognitive impairment, etc. If you have any of the listed disabilities, Clay Nicholson, Mashpee's 911 Municipal Coordinator, recommends that a **9-1-1 DISABILITY INDICATOR FORM** be completed and forwarded to him so that if an emergency occurs, public safety officials will be alerted that an individual residing at your address communicates over the phone via TTY and/or has a disability that may hinder evacuation or transport. **This information is confidential and will only appear at the dispatcher's location when a 911 call originates from your address.** Please contact Clay Nicholson, (508) 539-1400, ext. 8499 with any questions and to pick up a form. You can also pick up this form at the Mashpee Senior Center.

REVERSE 911 - Did you know that you could receive automated messages by phone from the Town, helping you with storm preparedness? If you do not already receive important/emergency messages from the Town, or if you want to edit your contact info, please go to the Town website: www.mashpeema.gov, and select "Automated Messages Sign-Up Here" box on the lower left. Select a "resident" button on the left and enter your contact information here so local leadership may contact you with timely, important messages.

UTILITY SHUT-OFFS — If you are facing a utility shut-off, contact the Attorney General's Consumer Hotline at (617) 727-8400. The AGO may be able to provide additional information and/or mediation services to assist you in resolving your situation. You may also wish to consult your own attorney. If you decide to seek legal representation but do not have your own attorney, you may wish to contact the Massachusetts Lawyer Referral Service at (617) 654-0400.

Home Heating - Under certain circumstances, a gas or electric heating provider is not allowed to shut off your heat, even for non-payment. You must be unable to pay your bill because of financial hardship and certify to one of the following circumstances: 1. Everyone in the house is over 65, or 2. All adults living in the home are over 65 and a minor child resides in the home, or 3. You or someone who lives in the home is seriously ill, or 4. There is a child under the age of one living in the home.

Qualified customers should contact their energy service company and explain the situation. The company is likely to ask for information such as written proof of illness from a physician and/or proof of inability to pay based upon income. There is also a winter moratorium in place every year from November 15 to March 15. During those months, gas and electric companies cannot shut off service because of an inability to pay. However, this moratorium does not apply if service was shut off for non-payment before November 15.

SHINE NEWS



Serving the Health
Insurance Needs
of Everyone

Every day there are thousands of baby boomers turning 65 and are now eligible for Medicare. Those new to Medicare can make costly mistakes resulting in higher health care costs, gaps in coverage and possibly a lifetime late enrollment penalty. If you are collecting Social Security, you will automatically receive your Medicare card 2-3 months before turning 65. If you are not collecting, you are responsible for signing up for Medicare Part A (hospital insurance) and Part B (medical insurance) either online at www.socialsecurity.gov or at your local Social Security office. There are federal rules as to when you can enroll into Medicare Part A, Part B, Part C (Medicare Advantage Plans- HMOs, PPOs) and Part D (prescription coverage). If you miss these enrollment periods you may have to pay a late enrollment penalty and could have a gap in health care coverage.

If you or your spouse are actively working and have group health insurance through that employer (not Cobra) you may delay taking Medicare Part B at 65 without a penalty. However, if the employer has less than 20 employees then Medicare is primary and the employer coverage is secondary. In this case you may need to have Medicare Parts A and B for complete coverage.

If you are on a Massachusetts Health Connector plan and are now eligible for Medicare, you can stay on the Health Connector Plan but you will lose any subsidy or tax credit. Therefore it may be less costly for you to enroll in Medicare. If you don't sign up for Medicare during your initial enrollment

The above are just some examples. Because each situation is unique, there are more questions to ask, options to be looked over and costs to compare. If you or someone you know will be turning 65 it is very important to sit down with a SHINE (Serving the Health Insurance Needs of Everyone) counselor and go over your particular situation. SHINE volunteer counselors are trained and certified by the Executive Office of Elder Affairs and are re-certified each year to help those on, or eligible for Medicare, navigate the complex health insurance system. Please call the Senior Center and make an appointment with a SHINE counselor or call the Regional SHINE Office, Barnstable County- Dept. of Human Services, at 508-375-6762.



Please be aware when contacting the Senior Center staff that some positions are part-time grant funded, and those individuals are not in the office at all times. Please feel free to leave a message, and they will get back to you as quickly as possible when they return to the office.

ASK-A-NURSE — BETTY BLACKHAM, RN — VNA OF CAPE COD
— Friday, April 22 at 9:00 am.



Have questions about your health? Each month Betty Blackham of the VNA is at the Senior Center to answer your health questions on the 4th Friday of each month. ***This month she will focus on the topic of exercising your brain.*** Think about brain exercise questions and come in on April 22 at 9:00 am to get answers from Betty. ***Appointments are not necessary.***

How to Stay Sharp As You Age — 10 Real-World Brain Exercises That Work

On top of a healthy diet and regular exercise, there are ways to give your brain its own workout routine — without emptying your wallet. Experts recommend sticking to brain training that involves real-world activities and that offer novelty and challenge. Your morning newspaper is a great place to start. Simple games like Sudoku and word games are good, as well as comic strips where you find things that are different from one picture to the next.

- 1. Test your recall.** Make a list (of grocery items, things to do, or anything else that comes to mind) and memorize it. An hour or so later, see how many items you can recall. Make items on the list as challenging as possible for the greatest mental stimulation.
- 2. Let the music play.** Learn to play a musical instrument or join a choir. Studies show that learning something new and complex over a longer period of time is ideal for the aging mind.
- 3. Do math in your head.** Figure out problems without the aid of pencil, paper, or computer; you can make this more difficult — and athletic — by walking at the same time.
- 4. Take a cooking class.** Learn how to cook a new cuisine. Cooking uses a number of senses: smell, touch, sight, and taste, which all involve different parts of the brain.
- 5. Learn a foreign language.** The listening and hearing involved stimulates the brain. What's more, a rich vocabulary has been linked to a reduced risk for cognitive decline.
- 6. Create word pictures.** Visualize the spelling of a word in your head, then try and think of any other words that begin (or end) with the same two letters.
- 7. Draw a map from memory.** After returning home from visiting a new place, try to draw a map of the area; repeat this exercise each time you visit a new location.
- 8. Challenge your taste buds.** When eating, try to identify individual ingredients in your meal, including subtle herbs and spices.
- 9. Refine your hand-eye abilities.** Take up a new hobby that involves fine-motor skills, such as knitting, drawing, painting, assembling a puzzle, etc.
- 10. Learn a new sport.** Start doing an athletic exercise that utilizes both mind and body, such as yoga, golf, or tennis.

Soon people will realize that they can take steps to keep their brains healthy, just as they know they can prevent heart disease by taking certain actions. In the coming decade, brain wellness will be right up there with heart health — now that there's proof that living a brain-healthy lifestyle works!



CARES PROGRAM — HOPE DEMENTIA & ALZHEIMER'S SERVICES

This program is specifically for people with memory impairment and their care partners.

Wednesday, April 13 and 27. CARES provides an opportunity for families affected by memory impairment to participate in two separate support groups — held simultaneously — that provide information, guidance, and respite to Care Partners, and conversation and socialization for those with memory impairment. The sessions are available at the Senior Center on the 2nd and 4th Wednesday each month from 2:00 pm — 3:30 pm. To register or

for more information please call Hope Dementia & Alzheimer's Services at (508) 775-5656.



HEARING TESTS — Monday, April 4, 9:00 — 11:00 am by appointment. Please call the Mashpee Senior Center at (508) 539-1440 or stop by to schedule an appointment. Available the 1st Monday of each month.

FOOT CARE — Wednesday, April 20, 9:00 am — 3:00 pm by appointment. There is a fee. Call the Mashpee Senior Center at (508) 539-1440 to make an appointment. Available the 3rd Wednesday of each month.



LEGAL ASSISTANCE — We are fortunate to have attorneys that visit the Senior Center on a monthly basis. Their appointment schedules are always completely booked. Please be aware that these appointments are for consultations only and not for dealing with on-going legal issues. We respectfully request that you limit your appointments during the year so that others may be accommodated. The Attorney and the fields that each would feel most qualified to assist seniors with **by appointment** are:

Atty. Thomas Kosman: Monday, April 25, at 10:00 am - Housing problems, government benefits, health law, guardianship, reverse mortgage, and consumer issues. (4th Monday of each month)

Atty. Michael Lavender: Tuesday, April 5, at 1:00 pm — General legal problems, trusts, wills, estate planning and settlement. (1st Tuesday of each month)

Atty. Patricia Mello's office: Tuesday, April 12 at 9:00 am — Wills, health care choices, nursing home/Medicaid planning, estate planning, asset protection, guardianships. (2nd Tuesday of each month)

Please try to consider the urgent questions that you have and try to choose the appropriate attorney.

PLEASE NOTE: The lawyers do not handle questions regarding criminal matters.

SIGHT LOSS SERVICES PEER SUPPORT GROUP — Friday, April 22, 10:00 am.

This support group meets at the Mashpee Senior Center on the 4th Friday of every month from 10:00 am — 12:00 noon. This group is open to anyone with vision issues from diagnosis to legal blindness and provides access and information on services available. For more information, call Sight Loss Services at (508) 394-3904 or visit their website: www.jwen.com/sls/.



INDEPENDENCE HOUSE RELATIONSHIP EDUCATION



AND ADVOCACY — Friday, April 8, 10:00 am. Independence House, Inc., is the only comprehensive community-based organization on Cape Cod providing free and confidential specialized services and programs for adults, teens and children (ages 6 and up) who are survivors of or affected by domestic and sexual violence. Anyone who has experienced abuse in the past or present or has a friend that is experiencing abuse can call its toll free hotline at (800) 439-6507 to speak confidentially to a counselor. **Independence House has a representative at the Mashpee Senior Center every 2nd Friday from 10:00 am — 12 noon who will be available for sharing information, answering questions and assisting individuals with relationship concerns, as needed. Appointments are not necessary; just stop by.**

MASHPEE COA OUTREACH PROGRAM MISSION STATEMENT *To assist seniors in our community to find the resources they need to help them make the best choices to maintain the highest quality of life possible.*



Keeping in line with our Outreach Mission, please call Darlene Perkins, Outreach Coordinator, if you are struggling to make ends meet. Darlene is available to meet in her office, or she can set up a home visit if you are unable to come to the Senior Center. There may be options out there for you with transportation, food or just the knowledge of knowing what support is available in your community. Sometimes a "chat" can help, call Darlene Perkins, (508) 539-1440.

ARE YOU HOMEBOUND? DO YOU LIKE TO READ? WOULD YOU LIKE TO SHARE YOUR LOVE FOR READING?

The Senior center has a special volunteer for you: **"The Library Lady."** Our Library Lady will meet with you to find out about your needs and interests, and she will help you to obtain a library card. Then she'll go to the library, select appropriate books, tapes, etc., for you, and when you are finished with them, she will return them to the library. Let the Library Lady help you to explore new places, new people and adventures through books! Call Darlene Perkins, Outreach Coordinator, (508) 539-1440 to set up this service.

EMERGENCY PREPAREDNESS AND CONTACT LIST — Emergency preparedness is often on our minds throughout the year as we think about bad weather and storms. Being prepared is something we should always be! Consider having a small emergency kit on hand which includes food and water for three days for

each person and any pets, a radio, flashlight, first aid kit, and copies of important papers.

Are you isolated or in need of updated information about upcoming storms? The Mashpee Council on Aging is registering senior citizens to assist during emergencies, such as blizzards, floods, hurricanes, etc. Would you like to be on this list? Call the Mashpee Senior Center and speak with Darlene Perkins, Outreach Coordinator, (508) 539-1440.

MASHPEE SENIORS' REMEMBRANCES — Each of us has a wealth of personal remembrances and wisdoms that we have acquired over our lifetimes. Wouldn't it be wonderful for your family and friends to be able to access those

FOND MEMORIES
LINGER EVERYDAY.
REMEMBRANCE
KEEPS YOU NEAR.

memories whenever they wanted to? If you are over 85 years of age, we can help make that happen! The Senior Center has a lovely volunteer who can help you to capture in writing those highlights of your life that you would like to share with family, friends, and/or the Senior Center's library. To learn more or schedule an interview, please call Darlene Perkins, Outreach Coordinator, at (508) 539-1440.

DO YOU NEED A FRIEND? — If you spend time alone in your home and would like some company, we may have a friend for you through our Friendly Visitor program, someone who shares your interests and would love to spend time with you. What would you like to do — play cards? knit? go for a walk? chat? watch a movie? ***This is a social visit, not respite care.*** Call Darlene Perkins, Outreach Coordinator, at (508) 539-1440 if you are interested in this program.

Deborah Converse's Volunteer Corner

Supporting
National
Volunteer
Month



April is officially designated as National Volunteer Month.

Did you know that according to the Bureau of Labor Statistics, more than 64 million people volunteered at least once in recent years? The Corporation for National and

Community Service says it has collectively dedicated 8.1 billion hours to a wide variety of organizations. That donated time and expertise is valued at \$173 billion. Talk about economic impact!

Volunteers at the Senior Center are crucial to the day-to-day workings of the Center. We could not provide the services, activities, entertainment, and outreach assistance that we do without volunteer assistance. While we honor our volunteers every day of the year, April gives us the opportunity to recognize their efforts more formally.

At the Mashpee Senior Center there are over 150 volunteers donating their time and talent during the course of the year. Over 8,400 hours were contributed to the Senior Center last year, and we expect this year to rival last year in hours volunteered. Some volunteers visit people in their homes, some drive people to doctor's appointments, others work at the front desk, and still others instruct classes and facilitate program activities. People may donate an hour a month or a week. Our largest group of more than 20 people help prepare the newsletter mailing each month.

The atmosphere at the Center is warm, active, and welcoming due in a large part to the volunteers who add the extra zest. We are thankful for all the people who join us each day to enhance the programs.

SAVE THE DATE: Our annual volunteer recognition event will be on June 10, 2016, at New Seabury Country Club. This is the day that the Mashpee Council on Aging recognizes its volunteers with a special mid-morning feast!

VOLUNTEERS NEEDED — We have volunteer opportunities available in a number of areas:

- ◆ **Newsletter Mailing** — There are 2 activities for which we need volunteers to publish our newsletter each month: 1) A couple of volunteers to prepare the mailing supplies (trays, labels, etc.); and 2) about 20 volunteers to do the actual newsletter mailing. We even provide doughnuts and coffee!
- ◆ **Photographer** — We are looking for someone who is flexible and available to take pictures of activities at the Senior Center. The volunteer does not have to be a professional photographer, but be able to take clear shots and be flexible with the time.
- ◆ **Front Desk Receptionist** — Front Desk volunteers are needed on a regular weekly basis. This includes answering phones, administrative tasks and interaction with the public.

Please contact Deborah Converse, Volunteer Coordinator, if you are interested in volunteering, (508) 539-1440.



PLEASE NOTE: If AARP did your taxes at the Mashpee Senior Center and you have additional questions about your taxes or refund, **for your Federal return**, please go to the IRS web site www.irs.gov or call 1-800-829-1040. **For the state of Massachusetts return**, please go to their web site www.mass.gov/dor or call 1-800-392-6089. The staff at the Senior Center is not trained to answer tax return questions.



Are you getting tired of driving? Reluctant to drive in bad weather? Or just trying to save on gas? Don't be shy, give us a try; you're sure to love our van service! We will pick you up and drop you off at your door! Here is our schedule, come join us! The van will take you wherever you wish to go in each town it serves. To schedule rides, please call our receptionist at (508) 539-1440. ***Our van cannot guarantee time of pick up or drop off.***

- ♦ **Mashpee and Sandwich — Weekly — Mondays.**
 - ♦ Please make medical appointments between 10:00 am and 1:30 pm.
- ♦ **Mashpee only — Weekly — Wednesdays, Thursdays (except 2nd and 3rd Thursdays), Fridays (except last Friday).**
 - ♦ Please note that Wednesdays are food pantry days.
 - ♦ Please make Mashpee medical appointments between 10:00 am and 1:30 pm.
- ♦ **Falmouth — Weekly — Tuesdays.**
 - ♦ Please make Falmouth medical appointments between 10:30 am and noon.
- ♦ **Hyannis — Once a month — 3rd Thursday of each month. NOTE change in day to the 3rd Thursday of each month.**
 - ♦ Please make Hyannis medical appointments between 10:30 am and noon.
- ♦ **Sagamore — Bourne — Sandwich — Once a month — 2nd Thursday of each month.**
 - ♦ Please make medical appointments between 10:30 am and noon.
- ♦ **SPECIAL MONTHLY OUTING —** On the last Friday of each month, you can ride the van to our "Day Trip Town of the Month". When you reserve your spot on the van, let us know where you would like to go in that town. Perhaps you want to shop at a special store that you normally don't have the chance to visit, or see a physician. Maybe you have a friend who is recuperating in a rehabilitation or assisted-living facility in the town who you would like to visit. When you call in to reserve your seat, also be ready to let the receptionist know where you want to go! **Join us in April to go to Chatham.** Please plan to meet at the Mashpee Senior Center for a 9:00 am departure.

The van is handicapped-accessible with a wheelchair lift. If not in a wheelchair, riders must have independent mobility as safety is very important to us. We ask that if you need assistance, aides and companions are welcome to ride our van with you. Please include this information in your van reservation. If you need special assistance, please contact Darlene Perkins, Outreach Coordinator, at (508) 539-1440. Van rides are free of charge. Donations are gratefully accepted. If we are not able to meet your transportation need, please call the Cape's public transportation service, the Cape Cod Regional Transit Authority (CCRTA) at (800) 352-7155 for a ride.

CAPE COD REGIONAL TRANSIT AUTHORITY (CCRTA) INFORMATION

BOSTON HOSPITAL TRANSPORTATION — Enjoy comfortable, wheelchair-accessible transportation from Cape Cod directly to 15 Boston-area hospitals Monday-Friday by reservation. The bus stops in Wellfleet, Eastham, Orleans, Harwich, Barnstable Commuter Lot and the Sagamore Commuter Lot. **RESERVATIONS ARE A MUST!** Call (800) 352-7155 Monday — Friday, 8:00 am — 5:00 pm. **Fare:** \$30 roundtrip, \$15 one way.

DIAL-A-RIDE TRANSPORTATION—DART (formerly B-bus) — CCRTA provides a daily door-to-door, ride-by-appointment transportation service available for any purpose. Service is available to 15 Cape towns: **Monday — Friday:** 7:00 am — 7:00 pm; **Saturdays:** 9:00 am — 7:00 pm; **Sundays:** 9:00 am — 1:00 pm in most towns.

Dial-A-Ride Passenger Procedures and Requirements:

- ♦ **Reservations** can be made Monday — Friday between 8:00 am — 5:00 pm by calling (800) 352-7155.
 - ♦ Reservations must be made by 5:00 pm two days (or 48 hours) before you intend to travel.
 - ♦ Same day reservations and changes are not permitted.
 - ♦ Reservations can be made up to one month in advance.
- ♦ **Exact fare is required.** Drivers cannot make change.
 - ♦ Adults and youths: \$3.00 per ride.
 - ♦ Seniors and people with disabilities: \$1.50 per ride.
 - ♦ Children five and younger accompanied by an adult ride free of charge.

TRAVEL CLUB NEWS: Ragtime the Musical* matinee, orchestra 4/09, \$85; "Spring Fling" Twin Rivers, 4/12, \$32; "Together Again" Kenny Rogers and Dolly Parton Tribute w/lunch 4/27, \$65; Art In Bloom at MFA 5/02, \$65; Carol Burnett Live* 5/22, \$110; Bullets Over Broadway Musical Comedy* 6/04, \$75; Boston Pops Spring Concert Series: Tapestry: The Carole King Songbook first balcony, 6/10, \$98, Golden Age of Broadway, first balcony 6/16, \$98; Celtic Woman Destiny, center orchestra, 6/29, \$120. For a complete listing of all trips, stop by the senior center or visit adventureswithkarynwendell.com. Karyn is here every Thursday from 9:00 to 11:00 am. Contact Karyn Wendell at (508) 420-5288 for more information. Mail payments c/o Karyn Wendell, P. O. Box 161, Centerville, MA 02632 *matinee, orchestra seating



- ♦ *April is a promise that May is bound to keep. Hal Borland*
- ♦ *There is no glory in star or blossom till looked upon by a loving eye; There is no fragrance in April breezes till breathed with joy as they wander by. William C. Bryant*
- ♦ *Here cometh April again, and as far as I can see the world hath more fools in it than ever. Charles Lamb*
- ♦ *April in Paris, chestnuts in blossom, holiday tables under the trees. E. Y. Harburg*



MASHPEE POLICE DEPARTMENT'S TIP OF THE MONTH

The fear of a loved one wandering or becoming lost is a frightening thought for anyone who cares for a person with Alzheimer's disease, dementia or other memory impairments. Wandering is one of the most common behaviors in persons with Alzheimer's or a related dementia.

The Town of Mashpee encourages residents with a loved one with a serious cognitive impairment to register with the Mashpee Police Department. This registration is part of the Town of Mashpee's efforts to implement the Massachusetts Silver Alert Community Response System on a local level. For further information, please contact Tara Carline, Victim/Witness Advocate, at 508-539-1480 ext. 7253 or visit Mashpee

Police Department's website at mashpeema.gov to download the registration form.

THE CAPERS' DOINGS

The Capers will head north from April 15 through 17 to Indian Head's "Country Western." We will enjoy six meals (2 breakfasts, 2 luncheons and 2 dinners), a cocktail reception, free photo and other amenities including an evening entertainment.

One of the luncheons will be enjoyed at the beautiful and historic Mount Washington Hotel, located in Bretton Woods, New Hampshire, in the scenic White Mountains. Further information is posted on the bulletin board at the Senior Center. If you are interested in joining The Capers, please call Mary Draheim at (508) 477-3920. We'd love to have you join us!



We love to share photographs of our events on our lobby slideshow and in the newsletter. If you attend an event and would prefer that you not be photographed, please let the photographer know not to include you in the candid shots.




DID YOU KNOW...that Elder Services of Cape Cod and the Islands serves a luncheon at the Mashpee Senior Center on Monday - Friday at 11:30 am? This is a good way to help keep your food costs down — plus it is fun and social! A voluntary suggested donation is \$2.00. Come for an activity in the morning and stay for lunch! Make a day of activity at the Senior Center! You need to call (508) 477-0910 24 hours in advance to reserve a meal. If you have questions, call Annette at the luncheon program at (508) 477-0910. ***If you want to see the current menu,*** please visit the Elder Services web site at <http://www.escci.org/>. Then click on "Our Programs and Services", then click on "Senior Nutrition Program." Once there, you can then select "Barnstable County Meal Sites Menu."

ACTIVITY UPDATES FOR APRIL

TOPS: TOPS will resume its regular meeting day on **every Monday at 10:30 am.**

To get an on-line copy of this newsletter, visit http://www.mashpeema.gov/Pages/MashpeeMA_Aging/index and click the appropriate newsletter link at the bottom of the page.



If you wish to honor a loved one, the Mashpee Senior Center offers commemorative gold and silver leaves, prominently displayed in the entry foyer, beautifully engraved to memorialize family and/or friends. We also etch permanent patio bricks, preserving names and sentiments, on the patio area outside. For more information, please call the Director, Lynne Waterman at (508) 539-1440.

| | | |
|---|--|---|
| Lynne Waterman, Director lwaterman@mashpeema.gov Darlene Perkins, Outreach Coordinator dperkins@mashpeema.gov Linda Wicks, Principal Clerk lwicks@mashpeema.gov | Deborah Converse, Volunteer Coordinator dconverse@mashpeema.gov Christine Foisy, Activity Coordinator cfoisy@mashpeema.gov Lisbeth Dineen, Office Assistant coaofficeassistant@mashpeema.gov | Peggy Rose, Receptionist prose@mashpeema.gov Robert Morton, Van Driver rmorton@mashpeema.gov Lewis Newell, Van Driver lnewell@mashpeema.gov |
|---|--|---|

MASHPEE COUNCIL ON AGING MISSION STATEMENT:

The Council on Aging is an organized commitment by the population of the Town of Mashpee to coordinate or carry out human service, educational, social and recreational services and programs designed to identify and address opportunities and solutions for the empowerment and betterment of the senior community.

Our Core Values

RESPECTFUL

★

WELCOMING

★

SUPPORTIVE

PERMIT NO. 15

MASHPEE, MA

PAID

U. S. POSTAGE

PRSR STD

The Mashpee Senior Center offers many legal, financial, recreational, medical screening or other services and/or activities by volunteer or nominal-cost practitioners. Seniors participating in these services do so with the understanding that the Mashpee Council on Aging, The Mashpee Senior Center, the Town of Mashpee or its employees do not assume any legal responsibility for any advice or services rendered by such volunteer or nominal practitioner. Any act or advice or service by outside providers at the Council on Aging should not be presumed to be endorsed & sponsored by the Council on Aging.

DISCLAIMER

MASHPEE COUNCIL ON AGING
26 FRANK E. HICKS DRIVE
Mashpee, MA 02649
Lynne Waterman, Director
Darlene Perkins, Outreach Coordinator
Irving Goldberg, Chairperson, Council on Aging
The cost of mailing this newsletter has been paid by the Friends of the Mashpee Council on Aging.